

IT'S NOT YOUR HEART IT'S YOUR KIDNEYS

Kidney disease is no respecter of persons. A majority of the life-afflicting people today can be traced back to kidney trouble.

The kidneys are the most important organs of the body. They are the filters, the purifiers, of your blood.

Kidney disease is usually indicated by weakness, sleeplessness, nervousness, dizziness, backache, stomach trouble, pain in loins and lower abdomen, gall stones, gravel, rheumatism, sciatica and lumbago.

All these derangements are nature's signals to warn you that the kidneys need help. You should use GOLD MEDAL Haaslem Oil Capsules immediately.

daily. The soothing, healing oil stimulates the kidneys, relieves inflammation and destroys the germs which have caused it. Do not wait until tomorrow. Go to your drugist today and insist on GOLD MEDAL Haaslem Oil Capsules. In twenty-four hours you should feel health and vigor returning and will bless the day you first heard of GOLD MEDAL Haaslem Oil.

After you feel that you have cured yourself, continue to take one or two capsules each day, so as to keep in first-class condition and ward off the danger of other attacks. Ask for the original imported GOLD MEDAL brand. Three sizes. Money refunded if they do not help you.

VITAL IMPORTANCE OF GOOD FARMING

Unique Plan Devised By the Agricultural College of the University of Kentucky to Aid Farmers

With the great war apparently in its final stages, we all find ourselves wondering what situation will confront the American farmer after peace has been restored.

No one can answer this question to the satisfaction of all and yet there are certain facts that the American farmer must recognize. We all know that there is little chance for farming ever to be upon exactly the same basis as before the war. The conditions prevailing for the past three or four years have shown to America and, for that matter to the whole world, the vital importance of good farming. The farmer and his place in the world's

thus putting his farm on a better paying basis or enabling himself to increase the fertility of his land each year.

It is the purpose of the University to devote the forenoon to one study and the afternoon to another so that it will be possible for a farmer to carry two studies at the same time. In addition to these courses, there will be two additional lectures or demonstrations each day, one early in the morning and another late in the afternoon, which one may attend if he so desires. These courses will begin November 25th and will be repeated at intervals until March 1st, 1919. This plan of



Students judging dairy cattle on the Experiment Station farm.

affairs has been recognized in an absolutely new way.

Whatever may be the conditions after the war, it is very clear that the farmer who is not fully prepared quickly to adjust himself to those conditions will have very great difficulty in the competition.

The conditions that have obtained for the past few years have profoundly affected every industry and every individual, the farmer being no exception. One of the most noticeable difficulties that has confronted farmers has been the labor shortage.

No one has recognized these facts more clearly than has the Agricultural College of the University of Kentucky. That institution also recognizes that the farmer has about reached the limit so far as working is concerned; at least, that is true in a great

repeating each course two or three times is for the double purpose of suiting the convenience of farmers in attending and also to prevent overcrowding. The University makes no charge whatever for these courses, but it will be necessary to obtain permission to attend from Thomas Cooper, Dean of the College of Agriculture, at least one week before the time one expects to attend.

In arranging these courses, women's work has not been overlooked. Courses in such subjects as dressmaking, millinery and cooking are provided especially while there are several subjects such as poultry, dairy manufactures and horticulture in which both men and women will be interested.

The full list of subjects taught is as follows: Soils and crops, farm



One man with his tractor outfit is here doing the work of three men and nine horses.

number of cases. The consequence is that in the future we must look mainly to increased efficiency.

Considering this fact, together with the value of the farmers time, the Agricultural College has decided to offer a series of intensive two-weeks courses in specialized practical agriculture so that any farmer can go to the College, select some subject in which he is most interested, get a superior working knowledge of that branch and return to his farm without having seriously neglected his business.

For example, one can devote his time for two weeks studying farm motors, tractors and other kinds of gas engines and thus enable himself to do more work and also to instruct his employees so as to make their work count for more. Another farmer might wish to study soils or perhaps the principles of farm management,

management, horticulture, animal feeding, dairy manufactures, poultry, farm machinery, live-stock judging, killing and curing meats, marketing, beekeeping, injurious insects, animal diseases, plant diseases, home conveniences, dressmaking, millinery, remodeling clothing, planning meals, home cooking and table service, meats and meat substitutes.

In case one should decide, after finishing a two-weeks course, that he would like to study further he can immediately take up another subject or he can return later in the winter to resume his studies.

Full information may be obtained by addressing Thomas Cooper, Dean of the College of Agriculture, at Lexington.

Work begins November 25th. No charges are made for any of the courses.

Inscription For a Wooden Cross In France.

The drum fire of the batteries,
The never ending roll
Of trucks and lorries were the sounds
That sped his parting soul.
In lieu of candles white and tall
His last repose to
The tips of bloody bayonets

Around him flickered bright.
But glory touched his pallid brow
And made the death dew cold
Upon his hair an aureole
Of shining stars of gold,
And countless nations yet unborn
For all eternity
Will bless the Yankee soldier boy
Who died for Liberty.
Minna Irving in New York Sun.

Report of the condition of The FIRST STATE BANK

doing business in the town of Irvington, County of Breckinridge, State of Kentucky at the close of business on 15th day of November, 1918.

RESOURCES	
Loans and Discounts	\$163,120.82
Overdrafts, secured and unsecured	1,959.86
Stocks, Bonds and other Securities	19,800.00
Due from Banks	21,412.48
Cash on hand	6,121.06
Checks and other cash items	00
Banking House, Furniture and Fixtures	3,001.00
Other Real Estate	00
Other Assets not included under any of above heads	00
Total	\$215,415.22

LIABILITIES	
Capital Stock paid in cash	\$15,000.00
Surplus Fund	4,000.00
Undivided Profits, less expenses and taxes paid	584.95
Deposits subject to check	\$124,270.34
Demand certificate of Deposit	00
Time Deposits	71,559.93
Certified Checks	00
Cashier's checks outstanding	00
Total	\$195,830.27

Due Banks and Trust Companies	00
Notes and Bills Rediscounted	00
Unpaid Dividends	00
Reserve for taxes	00
Bills Payable	00
Other Liabilities not included under any of above heads	00
Total	\$215,415.22

State of Kentucky, County of Breckinridge, Sct.
We, W. J. Piggott and J. C. Payne, President and Cashier of the above named Bank do solemnly swear that the above statement is true to the best of our knowledge and belief.

W. J. Piggott, President.
J. C. Payne, Cashier.
Subscribed and sworn to before me the 3rd day of July, 1918.

J. M. Herndon,
Notary Public.
My Commission Expires March 8th 1919.

Report of the condition of BRECKINRIDGE-BANK OF CLOVERPORT

doing business at the town of Cloverport, County of Breckinridge, State of Kentucky at the close of business on 15th day of November 1918.

RESOURCES	
Loans and Discounts	\$177,427.24
Overdrafts, secured and unsecured	957.83
Stocks, Bonds and other Securities	93,387.04
Due from Banks	42,949.30
Cash on hand	15,659.90
Checks and other cash items	204.14
Banking House, Furniture and Fixtures	6,597.70
Total	\$337,183.15

LIABILITIES	
Capital Stock paid in, in cash	\$30,000.00
surplus Fund	6,000.00
Undivided Profits, less expenses and taxes paid	7,370.42
Deposits subject to check	\$148,575.96
Time Deposits	143,723.02
Certified Checks	14.13
Cashier's checks outstanding	824.39
Reserve for taxes	776.23
Total	\$337,183.15

State of Kentucky, County of Breckinridge Sct.
We, A. B. Skillman and Ray Lewis Heyser, President and Acting Cashier of the above named Bank, do solemnly swear that the above statement is true to the best of our knowledge and belief.

A. B. Skillman, President
Ray Lewis Heyser, Acting Cashier
Subscribed and sworn to before me this 21, day of Nov. 1918.

My Commission Expires Jan. 21, 1922.

Marion Weatherholt, Notary Public
S. P. Conrad
R. L. Oelze
Directors

John Ernest Bach of New York smoked for eighty years, ate and drank as much as he pleased but never worried. He is dead aged 104 years.

TRY A NEWS WANT AD TODAY

A SOIL FERTILITY PROPHECY

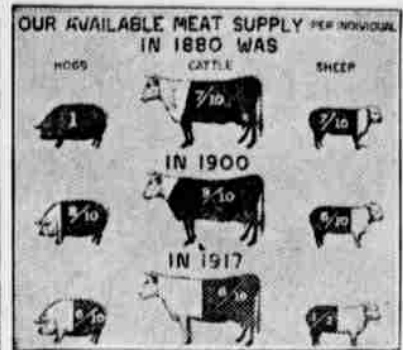
Editor Collingwood of the Rural New Yorker says:

"Gasoline leaves no organic matter behind it. We have come to the time, and we are rapidly going further into it when there will be practically no stable manure for people to buy and put on their ground. And then people will suddenly wake and realize that all these years they have been giving to stable manure a value it did not carry, and that, with fertilizers properly handled and with cover crops, they will be able to get the same results with less labor, with more profit and with far greater satisfaction."

OUR DWINDLING MEAT SUPPLY

You have no doubt become accustomed to meatless days, but secretly you are probably waiting and hoping for the day when you can again eat a good steak without feeling unpatriotic.

But do you realize that the average meat supply per individual, even before the war, had fallen off nearly one fourth since 1900? To be sure, each of us had nearly as much meat to eat



in 1917 as in 1900, but this was secured at the expense of our European neighbors. Our exports practically ceased; we had no surplus left to send abroad.

But the question is, "Toward what are we headed?" Shall we have to continue to reduce our meat ration until eventually we come to the plan of cereal-eating China? This is the natural trend in every highly populated country. Where people and live stock must compete for the same grain, live stock is pretty apt to get left.

But there is no real need for permanent meat shortage in America. Our farm and particularly our pastures are not producing anything like full capacity. Following the close of the war fertilizer will undoubtedly be used more extensively than ever before to boost live stock production. Many live stock farms could actually double their carrying capacity by making use of commercial fertilizer. "Fertilizer to Keep More Live Stock" bids fair to be a popular slogan on the American live-stock farm.

THE IRISH POTATO THE FOOD OF THE PEOPLE

The Irish potato is a staple of American diet. Enough potatoes were consumed in the United States in 1915 to allow one eight-ounce potato a day throughout the whole year for each man, woman and child.

Truly, the potato is the food of the people. The portion of the American meal made up by this vegetable, alone, consumes over 300,000,000 bushels annually.

Intensive methods make it possible to grow crops yielding from 250 to 400 bushels per acre, and at the same time to decrease the cost of raising each bushel. The big expense in potato growing comes in the preparation of the land, the purchase of the seed and the attention given the crop throughout the season. But it costs no more to prepare ground, plant, cultivate and spray a 300-bushel crop than it does a 150-bushel crop. Harvesting will cost more, but the big overhead expenses are practically the same. Obviously the thing to do is to insure large yields by supplying an abundance of available plant food that will give the crop a good start and force it to early maturity.

Fertilizers should be applied at the time of planting, and in order to make certain that this material may be on hand when needed it is especially important to order early this year.

The man who has his fertilizer stored in his own barn is the only one who can be certain of a supply when needed. A big potato crop will be needed next year whether peace comes or not.

WHY FOOD PRICES ARE INCREASING

"During the last fifty or seventy-five years (principally since 1840), while the large cities in this country and Europe have been growing, the established agricultural areas that produced food were supplemented by the opening up of new lands in the middle West, Canada, Brazil, Argentina, South and Central Africa, Australia and Siberia.

"Food products, chiefly grains and meats, were produced on virgin, unfertilized lands. Emigrant labor was employed and subsequently there was cheap railroad and steamship transportation, so until recently the people in cities have been fed on food produced and sold at a price which did not take into consideration the cost of production and the value of plant food contained in crops which must be returned to the soil to maintain productivity."—Report of the Food Problem Committee, the Merchants' Association of New York.

NOTICE!

I will be at the following places on dates named below to collect your taxes:

HUDSON, NOV. 28, 1918
CUSTER, NOV. 29, 1918

Please meet me and settle. The penalty will be added after December the 1st. It will save you money and trouble to meet me and settle. The book for the 1st District will be at the office every day. Please call. Respectfully,

J. B. CARMAN, S. B. C.

THE IRVINGTON HERALD
J. W. WILLIS, Editor and Publisher
Published Every Friday.

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Out of These Counties	\$1.50	.75	.40

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THE IRVINGTON HERALD
Irvington, Kentucky.

DR. W. B. TAYLOR

...PERMANENT...
DENTIST

Office Hours: 8 a. m. to 12 m. Always in office during office hours.
1 p. m. to 5 p. m. Irvington, Ky

KITCHEN POLICE.

When in the army, you'll get K. P. If you think you will like it, just come and see.

You enter in early at 5:45. And while you are there you're sure to be alive.

First its dish, out prunes and oatmeal. Of course you're awkward for this is all new.

Next scrub tables till boards are thin. Then you scratch dirt from cracks with pin.

You next mop floors with mops and lye. No spots must be left for the cooks to spy.

You also peel onions and spend a galore. Till tears are flowing and fingers are sore.

Spaghetti and beans are cooked in pans. They must be washed with K. P. hands.

And while you wash, and scrub and sweat. You feel like cussin the Hun, you bet!

These same things come three times a day. You do all this for a \$1 a day.

Its fully 8:30 you go to your bunk. You must take a bath or smell like a skunk.

Sand Nob Dudley.
The above was contributed by Joe Webster, Co. 9 Rec. Camp No. 4, Camp Green, Charlotte, N. C.

Christmas Advertising.

Just advertise and advertise MORE then advertise MORE specifically. Tell people about MORE of your items, and MORE about each of them. This will mean less dependence upon your "green help" for people will come to your store knowing just what you have to offer for sale.

When you have backache or kidney trouble, are sure to be out of gear. Try Sanoal, it does wonders for the liver, kidneys and bladder. A trial 50c bottle will convince you. Get it at the drug store.

TOOK NO CHANCES



Miss Jumbo—Would you care to have me do a little toe dancing for you, Mr. Monk?
Mr. Monk—Yes, but not on my toes.

For Things of Value
and
Your Money's Worth.

Remember T. C. Lewis, your Home Jeweler! The place for watch repairing, sewing machine needles, shuttles and findings.

T. C. LEWIS
Hardinsburg, Kentucky.

RAYMOND

Rev. Blackburn, Wolf Creek filled his regular appointment here Saturday and Sunday.

Mrs. Otis Stiff and son, Melvin spent Sunday with Mr. and Mrs. Otis Severs, Union Star.

Mrs. Taylor Compton is visiting friends and relatives at Garfield.

Mr. and Mrs. Henry Cashman and two children, Ray Avitt Cashman and little Miss Louise Elvora Cashman spent Friday and Saturday with their cousins, Mr. and Mrs. W. L. Robertson, Union Star.

Rev. and Mrs. Stanfield, Kansas have been spending a few days here with relatives.

Mr. and Mrs. Mack Cashman spent Sunday with Mrs. Cashman's parents, Mr. and Mrs. John Kelm, Union Star.

Andrew Cashman spent part of last week at Irvington with his sisters, Mrs. Stanfield and Mrs. Doan.

Roscoe Hendry has sold his farm at this place to Amos Mattingly of Paynesville.

Dr. Youtsler of Paynesville was called here last Sunday to see Pale Chappell.

Mr. and Mrs. W. J. Piggott of Irvington were through here Friday in behalf of the United War Work Campaign.

Mr. and Mrs. J. B. Dutschke of Webster were dinner guests Sunday at L. T. Polloch.

Secretary McAdoo

Praises Newspapers.

To the press of the country especial credit is due for emphasizing through their news columns and editorial pages the necessity for making this great loan successful. In spite of the influenza, the unenacted revenue bill and the other unfavorable factors, the American people have consummated the greatest financial achievement in all history.—William G. McAdoo, Secretary of the Treasury.